




Cheat's Moroccan Lamb Tagine

with Mint Couscous & Yoghurt

Grab your Meal Kit with this symbol 



-  Brown Onion
-  Garlic
-  Mint
-  Carrot
-  Baby Spinach Leaves
-  Slivered Almonds
-  Lamb Mince
-  Tomato Paste
-  Ras El Hanout
-  Mango Chutney
-  Beef Stock
-  Couscous
-  Tomato
-  Yoghurt

 Hands-on: **25-35** mins
Ready in: **30-40** mins

Take a little bit of ras el hanout spice, some flavoursome lamb mince and a dash of mango chutney for sweetness, and what have you got? Why, it's the perfect recipe for a delicious cheat's Moroccan lamb tagine!

Pantry items
Olive Oil, White Wine Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Large frying pan · Medium saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	1 (medium)	1 (large)
garlic	2 cloves	4 cloves
mint	1 bunch	1 bunch
carrot	1	2
baby spinach leaves	1 bag (30g)	1 bag (60g)
slivered almonds	1 packet	2 packets
lamb mince	1 packet	1 packet
tomato paste	1 packet	2 packets
ras el hanout	¾ sachet	3 sachets
mango chutney	1 packet (50g)	1 packet (100g)
water* (for the sauce)	½ cup	1 cup
beef stock	¾ sachet	1½ sachets
water* (for the couscous)	¾ cup	1½ cups
couscous	1 packet	2 packets
tomato	1	2
white wine vinegar*	½ tsp	1 tsp
yoghurt	1 small packet	1 large packet

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2790kJ (666Cal)	486kJ (116Cal)
Protein (g)	43.3g	7.6g
Fat, total (g)	21.6g	3.8g
- saturated (g)	6.2g	1.1g
Carbohydrate (g)	68.5g	11.9g
- sugars (g)	24.4g	4.3g
Sodium (mg)	1170mg	205mg

Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Get prepped

Finely chop the **brown onion**. Finely chop the **garlic** (or use a garlic press). Pick and roughly chop the **mint** leaves. Grate the **carrot** (unpeeled). Roughly chop the **baby spinach leaves**.



4. Cook the couscous

While the sauce is simmering, add the **water (for the couscous)** and **remaining beef stock (1/2 sachet for 2 people / 1 sachet for 4 people)** to a medium saucepan and bring to the boil. Add the **couscous** and a **drizzle of olive oil**. Stir to combine, cover with a lid and remove from the heat. Set aside until all the water has absorbed, **5 minutes**. Fluff up with a fork. Stir the **baby spinach** and **1/2** the **mint** through the **couscous**.



2. Cook the lamb

Heat a large frying pan over a medium-high heat. Add the **slivered almonds** and toast, tossing, until golden, **3-4 minutes**. Transfer to a small bowl. Return the pan to a medium-high heat with a **drizzle of olive oil**. Add the **onion** and cook, stirring, until softened, **4-5 minutes**. Add the **lamb mince** and cook, breaking up with a spoon, until browned, **4-5 minutes**.



5. Dress the tomato

While the couscous is cooking, roughly chop the **tomato**. In a medium bowl, add the **tomato**, **remaining mint**, the **white wine vinegar**, a **drizzle of olive oil** and a **pinch of salt and pepper**. Stir to combine.



3. Simmer the sauce

Add the **garlic**, **tomato paste**, **ras el hanout (see ingredients list)** and **mango chutney** to the **lamb** and cook, stirring, until fragrant, **2 minutes**. Add the **water (for the sauce)** and **beef stock (1/4 sachet for 2 people / 1/2 sachet for 4 people)**. Stir, then reduce the heat to medium and simmer until thickened slightly, **10 minutes**. Season to taste.

TIP: Add a splash more water if the mixture is too thick!



6. Serve up

Divide the mint couscous between bowls and top with the cheat's Moroccan lamb tagine and dressed tomato. Sprinkle with the toasted almonds and dollop over the **yoghurt**.

Enjoy!